



March 30, 2023

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**FOR IMMEDIATE RELEASE**

**The Gathering Offers Respite for Seniors and Their Caregivers**

The Gathering is a daytime, out-of-home group respite program for caregivers and care receivers. Trained volunteers, supervised by a social worker or nurse, operate the program.

Participants can enjoy fellowship, lunch, and activities while caregivers enjoy time away from caregiving. The Gathering meets at sites throughout Anoka County. All participants must have a needs assessment completed by Family Caregiver Connection staff prior to participating. To schedule a needs assessment, contact Jill Thomas, coordinator of the Family Caregiver Connection, at 763-324-1608 or [jill.thomas@co.anoka.mn.us](mailto:jill.thomas@co.anoka.mn.us).

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